

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# 3-EAST



# 2026

|   |  |   |  |  |  |  |  |   |  |   |  |   |  |
|---|--|---|--|--|--|--|--|---|--|---|--|---|--|
| <p>9:30 BOWLING 3<br/>10:15 CUP OF TEA<br/>11:00 HOUR POWER<br/>1:45 BINGO<br/>2:30 TRAVELOUGE: GUATAMELA<br/>3:30 1:1 VISITS<br/>5:45 NOODLE EXERCISE</p>  |  | <p>9:30 VOLLEYBALL 4<br/>10:30 CHURCH SERVICE<br/>11:00 I SPY<br/>1:45 NETFLIX ON TV<br/>2:30 LATIN FIESTA WITH LOUISE AND ANDREW<br/>3:30 MEMORY BOX VISITS</p>            |  | <p>9:30 NOODLE FIT 5<br/>10:15 CATEGORY GAME<br/>11:00 SNOOZELEN ROOM<br/>1:45 PANCAKE TUESDAY<br/>2:00 YOGA WITH BETTY<br/>3:30 COURTYARD WALKS<br/><br/>Cinco de Mayo</p>                |  | <p>9:30 RING TOSS 6<br/>10:15 ABBA SINGALONG<br/>11:00 BEAUTY TIME<br/>2:00 RESIDENTS COUNCIL AND FOOD COMMITTEE<br/>3:30 WALKING GROUP<br/>5:45 HORSE DERBY</p>                       |  | <p>9:30 SING-A-SONG 7<br/>10:15 LETTERS TO MOM<br/>11:00 PAINTING WITH MUSIC<br/>1:45 TENNIS<br/>2:30 MOTHERS DAY TEA SOCIAL<br/>3:30 AMBULATION 1:1</p>                        |  | <p>9:30 BALL EXERCISE 1<br/>10:15 CALENDARS 1:1<br/>11:00 ABBA PLAYLIST<br/>1:45 NACHOS FRIDAY<br/>2:00 KENTUCKY DERBY HORSE RACES<br/>3:30 AMBULATION 1:1<br/><br/>May Day</p> |  | <p>9:30 HORSE DERBY 2<br/>10:15 BEAUTY HOUR<br/>11:00 BIBLE STORIES<br/>1:45 TENNIS<br/>2:30 WORD GAMES 1:1<br/>3:30 SNOOZELEN ROOM</p>   |  |
| <p>9:30 BALL TOSS 10<br/>10:15 NOODLE SOCCER<br/>11:00 ALL ABOUT ME 1:1<br/>1:45 RING TOSS<br/>2:30 AFTERNOON STRETCH<br/>3:30 COURTYARD VISIT<br/><br/>Mother's Day<br/>National Skilled Nursing Care Week</p> |  | <p>9:30 HOT POTATO 11<br/>10:30 CHURCH SERVICE<br/>11:00 WOULD YOU RATHER<br/>1:45 MINI CINNAMON ROLLS<br/>2:30 TEA SOCIAL<br/>3:30 MOM TALK</p>                            |  | <p>9:30 NOODLE SOCCER 12<br/>10:15 BOARD GAMES<br/>11:00 SNOOZELEN ROOM<br/>2:00 GINA AND RAMI SING ALONG<br/>3:30 CAFE DRINKS</p>   |  | <p>9:30 ZUMBA CLASS 13<br/>10:15 PAINTING WITH MUSIC<br/>11:00 FLUFF AND FOLD<br/>2:00 YOGA WITH BETTY<br/>3:30 MINI BINGO<br/>5:45 BOWLING</p>  |  | <p>9:30 CHAIR YOGA 14<br/>10:00 SING-ALONG WITH JUDY AND ROBIN<br/>11:00 STORYTIME<br/>1:45 ANIMAL TRIVIA<br/>2:30 NOODLE SOCCER<br/>3:30 AMBULATION 1:1</p>                    |  | <p>9:30 CHAIR YOGA 15<br/>10:15 NAME THAT TUNE<br/>11:00 SENSORY POUCH<br/>1:45 PATIO VISITS<br/>2:30 AROMATHERAPY<br/>3:30 AMBULATION 1:1</p>                                  |  | <p>9:30 HORSE DERBY 16<br/>10:15 BEAUTY HOUR<br/>11:00 WORSHIP ON TV<br/>1:45 ANDREI RIEU LIVE ON TV<br/>2:30 MONTHLY BIRTHDAY PARTY WITH BILL<br/>3:30 WALK THE TALK<br/><br/>Armed Forces Day</p> |  |
| <p>9:30 BINGO 17<br/>10:15 TABLE TALKS<br/>11:00 HOUR POWER<br/>1:45 BOWLING<br/>2:30 TRAVELOUGE: MEXICO<br/>3:30 FRIENDLY VISITS<br/>5:45 LET'S SING A LONG</p>  |  | <p>9:30 BIG BIG BALL 18<br/>10:30 CHURCH SERVICE<br/>11:00 WHO AM I<br/>1:45 KARAOKE NIGHT<br/>2:30 CRAZY EIGHTS<br/>3:00 LIFE AND COLOR<br/><br/>Victoria Day (Canada)</p> |  | <p>9:30 NOODLE EXERCISE 19<br/>10:15 CARD GAMES<br/>11:00 SNOOZELEN ROOM<br/>1:45 ICE CREAM SOCIAL<br/>2:00 YOGA WITH BETTY<br/>3:30 POPSICLES IN THE BALCONY<br/><br/>TRUST THE SEEDS</p> |  | <p>9:30 NOODLE SOCCER 20<br/>10:15 SPRINGTIME ARTS AND CRAFTS<br/>11:00 HAND MASSAGES<br/>2:30 SING ALONG WITH JACK<br/>5:45 HORSE DERBY</p>   |  | <p>9:30 KARAOKE 21<br/>10:00 GARDENING DAY<br/>11:00 SING-A-SONG<br/>1:45 COOKIES AND TREATS<br/>2:30 SING-ALONG TASTE TEST<br/>3:30 AMBULATION 1:1<br/><br/>Shavuot Begins</p> |  | <p>8:30 SPECIAL BREAKFAST 2<br/>9:30 STRETCH IT OUT<br/>10:00 GARDENING DAY<br/>1:45 FANCY NAILS<br/>2:30 HAND MASSAGES<br/>3:00 MOVIES AND POPCORN</p>                         |  | <p>9:30 NOODLE SOCCER 23<br/>10:15 FLOWER TRIVIA<br/>11:00 60S SINGALONG<br/>1:45 STORYTIME<br/>2:30 FLUFF AND FOLD<br/>3:30 TABLE TENNIS</p>   |  |
| <p>9:30 MOVE AND GROOVE 24<br/>10:15 FISHING GAME<br/>11:00 HAND MASSAGES<br/>1:45 ALL ABOUT ME 1:1<br/>2:30 HORSE DERBY<br/>3:30 CAFE SOCIAL</p>   |  | <p>9:30 BALL TOSS YOU 25<br/>10:30 CHURCH SERVICE<br/>11:00 Pictionary<br/>1:45 SPRING MUFFINS!<br/>2:30 TASTE TEST AND TRIVIA<br/>3:30 CHESS 1:1<br/><br/>Memorial Day</p> |  | <p>10:30 MEADOWBROOKE STUDENTS PERFORM 26<br/>11:00 SNOOZELEN ROOM<br/>1:45 NOODLE HOCKEY<br/>2:00 YOGA WITH BETTY<br/>3:30 ICED REFRESHERS</p>  |  | <p>9:30 GROOVE TO THE 80'S 27<br/>10:15 ARTS AND CRAFTS<br/>11:00 FLUFF AND FOLD<br/>1:45 ELVIS PRESLEY ON TV<br/>2:00 WALK FOR ALZHEIMER'S<br/>3:30 SENSORY CART<br/>5:45 BOWLING</p> |  | <p>9:30 RING TOSS 28<br/>10:15 NOODLE SOCCER<br/>11:00 FOLLOW YOUR NOSE<br/>1:45 BEAUTY TIME<br/>2:30 ANGLICAN SERVICE<br/>3:45 AMBULATION 1-1</p>                              |  | <p>9:30 MOVE TO THE BEAT 29<br/>10:15 PUZZLES<br/>11:00 LADIES HAIR DAY<br/>1:45 COURTYARD VISITS<br/>2:30 GAMES IN THE GARDEN<br/>3:30 1:1 CRANIUM CRNCHES</p>                 |  | <p>9:30 SEATED STRETCHING 30<br/>10:15 CRAZY EIGHTS<br/>11:00 SNOOZELEN ROOM<br/>1:45 MASS ON TV<br/>2:30 PRAISE WORSHIP CHINESE EVANGELICAL LUTHERAN CHURCH<br/>3:30 WALK AT THE PARK</p>          |  |
| <p>9:30 BOWLING 31<br/>10:15 DAILY AFFIRMATIONS<br/>11:00 HOUR POWER<br/>1:45 BINGO<br/>3:30 ALL ABOUT ME 1:1<br/>5:45 SEATED TAI CHI</p>   |  | <p><i>" THE FIRST BLOOM OF SPRING ALWAYS MAKE MY HEART SING"</i><br/>- S. BROWN</p>   |  |  |  |  |  |   |  |   |  |   |  |